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Green pesto recipe: wild garlic pesto (or rucola) with omega-3

Ingrediënten

- 150 g Fresh wild garlic (or rucola)
- 50 g Flat-leaf parsley
- 50 g Sunflower seeds
- 150 ml Olive oil (Amanprana Hermanos Catalan)
- 2 tablespoons Omega-3 Oil (Amanprana balance delight (hemp oil) Okinawa Omega-oil)
- 1 teaspoon Fleur de sel (Khoisan fleur de sel)
- ½ teaspoon Multicoloured pepper
- 1-2 teaspoons Herbs (Amanprana ORAC Botanico-mix, spicy)
- 3 Cloves of garlic

Extra info

Recept geschikt voor:

5 porties

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

0 minuten

Totale bereiding:

0 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van green pesto recipe: wild garlic pesto (or rucola) with omega-3

Bereiding

Rinse and roughly chop the wild garlic (or rucola), parsley and cloves of garlic. Place in a blender together with the sunflower oil, the omega-3 oil and the herbs. Gradually increase the blender's power. Carefully mix all the ingredients together until the desired consistency is reached for the perfect wild garlic pesto. If you would like a thinner pesto, just add a little more olive oil.

Speciale wensen

- [Vegetarian](#)
- [Vegan](#)